

# Casemate

**Spotlight**  
Event

## Happy Halloween!

Check out MP Roll Call and our calendar page inside for Trick or treating activities and safety tips.

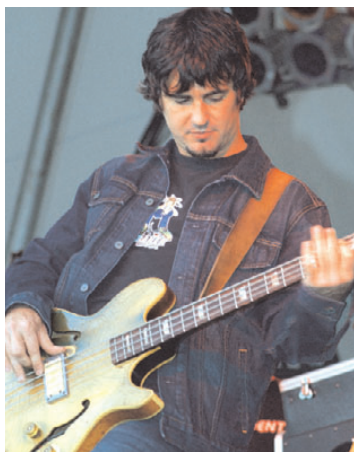
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Vol. 26, No. 21

Published for the community of Fort Monroe, Va.

October 22, 2004

## What's Inside



### Triumphant trio

Monroe visitors rock out to three-band lineup during final summer concert.

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### Character Counts

Child and Youth Services joins Army celebration of youth values program.

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### Craft Shop conquest

Local MWR activity wins 'best in Army' award.

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## Community Notice

### Talent sought for new military TV program

All Soldiers are invited to audition for news announcer positions for a military television program now in development.

Applicants must meet Army height and weight standards and be comfortable reading news stories in front of television cameras in a studio setting.

These are volunteer positions offering an excellent opportunity to represent the Army in the Hampton Roads area.

To arrange an interview and an audition, call Greg Mueller at 788-3170.



Photo by Patrick Buffett

**First-grade students of nearby Cooper Elementary School trade "high fives" with Fort Monroe firefighter David Earl during a fire prevention month visit Oct. 15. For more photos, see Page 10.**

## Flu shot shortage forces vaccine limits

**BY BELINDA BAKER**  
CASEMATE STAFF WRITER

Faced with a severely limited supply of flu vaccines, Army health officials at forts Monroe and Eustis are currently enforcing a priority immunization program for "high risk" patients.

Craven Army Health Clinic here will offer its first round of shots to enrollees on Thursday at 1 p.m., but will only immunize Soldiers on deployment orders, individuals 65 and older, children 6 to 23 months old, and persons with chronic health conditions. Shots will be dispensed until the very limited supply is exhausted.

Understanding fully that it would be ideal to immunize the entire population, a local military health official said they must follow guidelines from DoD and the Centers for Disease Control (CDC) due to the shortage.

Therefore, prevention is the key to

*"What I would suggest is to practice good healthy habits. Children especially need to be active ... get plenty of exercise."*

**Capt. Phyllis Sykes**  
Community Health Nurse

getting through this year's flu season, said Capt. Phyllis Sykes, Community Health Nurse for forts Monroe, Eustis and Story.

"What I would suggest is to practice good healthy habits," she said. "Children especially need to be active ... get plenty of exercise. You should drink lots of fluids, avoid stress, avoid being around sick people and stay home when you're sick. Those are just a few strategies that are crucial to

staying well."

Sykes said there is currently no indication when Army health facilities here will get more flu vaccine, nor is it known how much of the vaccine will be issued. She stressed that the shortage is having a nationwide impact — it is not limited to the military — and urged concerned persons to visit [www.cdc.gov/flu](http://www.cdc.gov/flu) for more comprehensive information about this year's flu season.

She said the flu usually develops within three days of exposure to the virus for most individuals and it runs its course within a week. Anyone who gets the flu is encouraged to stay inside so as not to infect others, but are advised to see a doctor if the sickness gets to be "more than they can stand," Sykes added.

Sykes said persons who are not considered high risk can take the

**See FLU SHOTS, Page 6**

Native American Heritage Month Ceremony, Nov. 4, 1 p.m., Post Theater. See story, Page 6



**"The one thing I wasn't always sure of ... was how and when I could find God."**

## Does God go to church?

**I** have been attending church since I can remember.

During my early childhood years growing up in Memphis, Tenn., and later when I turned 9 and my family moved to Tampa, Fla., it seemed like we were always at church.

I can remember going to Wednesday night Baptist Training Union, Sunday school, the 11 o'clock service and sometimes back to church on Sunday evening.

I have wonderful memories of Vacation Bible School each summer as well.

But the one thing I wasn't always sure of when I was growing up was how and when I could find God. Was He only at church or was He out and about?

Adults didn't give me much of a hint. I did notice that they put on a big "to-do" while at church, but during the week they didn't

### Chaplain's Corner



**Maj. Barry M. White**

*IMA Northeast Region Chaplain*

seem to live the same way.

What are your memories from over the years? What is it that you recall the most about your church-going experiences?

Do you remember at all if God was there? Did you meet Him at the prayer meeting or on Wednesday nights? Did you see Him in

the sanctuary on Sunday mornings or evenings? Do you meet God when you go to worship today? Does God go to church?

I ask these questions not only from a theological standpoint, but also based on my observations during 23 years in ministry.

Why do we go to church? Do we think God is there; that He has mysteriously shown up after being on sabbatical all week?

What are your motives for going to church? What do you want to give and what do you want to receive? Do you want to be entertained; served by others; left alone?

Do you go expecting to see God on display, much like we would visit the animals at the zoo? How do you see God's existence during the rest of the week? Is He holding up somewhere or is He still at the church building or chapel?

Is He back in heaven for the rest of the week until the next Sunday waiting for us to go to church so He can then show up by 11 a.m.?

In 2 Samuel 7:1-17, King David speaks to the Prophet Nathan about building God a house. In a dream that night, God goes to Nathan and says basically, "don't build a house to put me in for I have been everywhere you have been and in all that you have done."

How often today do we want to box God in within the walls of the church building? We do so by subconsciously leaving Him out of the rest of the week. When we do not acknowledge Him during the week we are saying He only exists within the walls of the chapel or church.

God does go to church. He is there with us each time we worship. But He isn't just there on Sunday mornings. He is as close as

a prayer or a whisper wherever we are; whatever we are doing.

Yes, God does go to Church, but He's also out there with us during the rest of the week. He's walking with us and trying to teach us through His Holy Spirit. Will you seek Him out there as well?

Will you look as diligently when you are at work or play; at the Commissary or the PX; playing soccer, baseball or volleyball? Will you seek Him when you are working around the house or when washing your car? Will you seek Him at night when you are engulfed in television or in the mornings when you go for a run or a walk?

Will you seek God all the days of the week? He's out there too. He's waiting for us all to acknowledge Him everyday of the week not just at church.

**"As with all things in life, one should know and understand the rules before one acts."**

## SJA officials outline election do's and don'ts

**E**lection Day — Nov. 2 — is rapidly approaching. And the Department of Defense encourages all members of the Armed Forces and all DoD civilians to exercise their right to vote.

All active duty service members and DoD civilians may register, vote, and express their personal opinion on political candidates and issues. However, because of their unique role as public servants, there are certain prohibitions that significantly restrict some political activities.

Due to multiple concerns about military and/or DoD civilian involvement in civil affairs, corruption in government and coercion in the workplace, Federal laws

and DoD policies severely limit the political activities of both soldiers and DoD civilians.

Accordingly, all government employees are prohibited from engaging in political activity while on duty or in uniform (to include wearing political buttons), from using their official positions to influence or interfere with an election, from running for partisan political office, from soliciting or receiving political contributions from subordinates in the Federal workplace, from coercing others concerning any political activity, from attending political events as a DoD representative, and from displaying large signs on personal vehicles on the military installation.

Additionally, all supervi-

sors must avoid any actions that politicize the workplace. For all active duty military and SES civilians, law and regulation also prohibit campaigning or distributing literature on behalf of a partisan political candidate, participating in or speaking in a partisan political campaign, holding office in political parties, or attending party conventions as delegates. These activities are prohibited because they can be viewed as either directly or indirectly associating DoD with partisan politics.

However, as stated previously, all government employees may express personal opinions on issues and candidates, attend political events as a spectator, contribute to political parties

and/or join a political club, write personal letters to the editor, and sign petitions in their personal capacity. The only restriction is that most of these activities must be done off duty, while not in uniform, and in a manner so as to avoid interference with their official responsibilities. The only exception is that military members may vote while in uniform.

As with all things in life, one should know and understand the rules before one acts. Any questionable activities should always be checked with JAG first.

For questions, call the HQ USATRADOC Office of the Staff Judge Advocate at 788-2302 or the Post Staff Judge Advocate Office at 788-3616.

### ABC invites post civilians to retirement brief

Counselors from the Army Benefits Center will conduct retirement briefings on Nov 3 at the Post Theater for civilian employees.

The CSRS/CSRS-Offset session will be from 8 a.m. to noon followed by the FERS Retirement session from 1 to 5 p.m.

Those who cannot attend on post are encouraged to visit Fort Eustis on Nov. 2 at Jacobs Theater. Sessions there will start 30 minutes earlier than those on Fort Monroe.

These are not to be confused with CPAC's quarterly full-day seminars. There is no sign-up necessary. Call CPAC at 788-2759 for details.

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## Casemate

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# Character Counts!

## Post CYS programs evolve into Army-wide celebration

BY PATRICK BUFFETT  
CASEMATE STAFF WRITER

In a time when television sitcoms have children telling parents what to do and video games dissuade kids from the team-building activities of yesteryear, home and classroom instruction that stresses good character and strong moral values is paramount, according to experts at Fort Monroe Child and Youth Services.

"We need to set the example," said Donna Ballance, director of the School Age Services program here. "We need to build those six pillars of character – trustworthiness, respect, responsibility, fairness, caring and citizenship – that are very similar to the values the Army expects of its adult community."

To that end, military youth service programs across the country adopted a structured program titled "Character Counts" several years back, Ballance noted. And, this past week, the Army added its emphasis to the effort with a proclamation that declares every third week of October as Character Counts Week.

"This latest development takes our program to a new level," said Susan Searles, CYS director. "It raises awareness and stresses the importance of continued parent and community involvement. It invites discussion ... how can we be better mentors, and in what ways can we recognize and praise our children for the good character they've displayed over the year?"

"The proclamation also emphasizes the importance of a team approach to character development among our youth," Searles continued. "It specifically states that 'character development is, first and foremost, an obligation of families; although efforts by faith communities, schools, and youth, civic and human service organizations also play a very important role in supporting family efforts by fostering and promoting good character.'"

Each of the various CYS programs at Fort Monroe hosted special activities over the past week to focus attention on the Character Counts initiative. Ballance's after-school class of 6 to 10 year olds built a special display and baked cook-

ies for parents. A Hampton Police officer also visited their classroom to share insights about being responsible citizens and saying no to drugs and alcohol.

"Positive role models are so important to the program," Ballance said. "It really makes a difference when successful individuals within our own community – to include brothers, sisters and older students – step forward to say, 'this is what I accomplished by being responsible,' and 'it's cool to care for others and respect your community.' I think that's a big part of what this new initiative is about ... putting more role models and mentors in the classroom and counteracting the negative influences that are often found in the television, music and entertainment industries."

Community service is also an important part of the Character Counts program. Ballance's class is just wrapping up its "Coats for Kids" drive, and will soon begin collecting donations for the peninsula foodbank. Community members will also see youngsters from Fort Monroe's Child Development Center out and about performing a series of age-appropriate cleanup projects over the next few weeks.

"At such a young age, our kids may not understand the general concept of community service or citizenship," said Susanne Elsass, CDC director. "But they can learn the basic building blocks of those traits, like the feeling of pride when you do a good deed or the positive response from others when you lend a helping hand. It's very effective. A lot of our kids who've moved on to the older youth programs here are still very much involved in community service."

The CDC also unveiled a new Character Counts display at its center recently. Crediting CDC youngsters for much of the artwork, Elsass said the display provides space for parents to post the names of children who demonstrate any one of the "pillars" of good character.

"It may seem like the simplest thing, but it means the world to our kids to see their name highlighted," Elsass said, as Ballance nodded in agreement nearby. Her classroom is also dotted



Photo by Patrick Buffett

***Imari Ramariz, 8, who participates in the post School Age Service program here, drops Coats For Kids donations in a classroom collection bin.***

with pillar-shaped artwork, each labeled with a Character Counts trait. Names are added whenever a student displays that particular characteristic.

Positive reinforcement can also be verbal, Ballance noted. Taking a few moments to congratulate a youngster who helps a sibling with homework or praising a child for caring for a brother or sister and demonstrating responsibility while mom and dad are away can have a lasting impact.

There are also unspoken forms of reinforcement, the CYS experts explained. By simply practicing the strong moral values – namely respect, honesty and integrity – the Army demands of its ranks, members of Fort Monroe's adult community can shape the behavior of its youth population.

Some of the most seemingly innocent actions, like asking your child to say you're not home because you don't want to speak to someone on the phone or bending the rules because you don't want to wait in line, may very well be an example children will remember later in life.

"I would say our expectations through Character Counts mirror those of the Army values," Ballance said. "We want to see good decision making and children doing the right thing even if nobody is there to notice. We expect teamwork and mentorship in the classroom. And, above all, we expect honesty."

"We are very much aware of the trust parents place in us," Searles added. "And I'm proud of the role we play in helping to build the character of youths in our community."

"As the Army proclamation of Character Counts Week says, 'the character of a nation is only as strong as the character of its individual citizens, and the public good benefits when people learn that good character counts in personal relationships, in school and in the workplace,'" Searles said. "We have been afforded a wonderful opportunity to focus our attention on the partnership of parents and post youth programs."

## Fall Cleanup countdown

***Staff Sgt. Jadore Scovell, left, Sgt. 1st Class Natrona Rice, center, and Sgt. Angelo Sinneros of Accessions Command get a jump on fall cleanup with their almost daily ritual of picking up fallen leaves in front of their building. Fort Monroe's official, post-wide fall cleanup is scheduled for Nov. 1 through 6 – just 10 days away. Office groups and residents should be planning their projects and making arrangements for bulk delivery of mulch or topsoil through Self Help if needed. For more information, call 788-2563.***



Photo by Belinda Baker

# Post craft shop snags ‘best in service’ award

BY **BELINDA BAKER**  
CASEMATE STAFF WRITER

It’s official ... the Fortress Frame and Craft Shop here is among the best the Army has to offer.  
The Fort Monroe facility outshined others in its class during a recent competition to win “best

craft shop for a small installation.”  
Longtime store manager Arlene Wallace received the award earlier this month during an Army Training Leadership Conference in Reno, Nev.  
“I feel very honored, especially after being there (at the ceremony) and seeing how few facil-

ities from installations in the United States won overall. Even in other arenas (such as fitness centers) most winners were from overseas,” Wallace said.  
Attending the event alongside Wallace was the post’s community services chief Ron Finchum. He views the award as a “once in a career” achievement. Applications for the award come from installations all over the world so the odds of winning are incredible, he explained. Add criteria that leaves little room for error and the competition heats up even more.  
“This is very special because it doesn’t come around often,” Finchum said. “You might submit applications for 10 years straight and never win. In the 15 or 16 years I’ve been here, we’ve only had two winners – the craft shop being one of them.  
“We are also extremely proud because we were the only craft shop in the United States that received an award. The other two winners – for medium and large installations – were from Germany.”  
He credits the shop’s continual financial success as the main reason for the prestigious honor. Moreover, he said that Wallace and her staff have a solid reputation for providing excellent customer service as well as offering new and exciting programs at the craft shop week after week. For instance, Chocolate Chip Cookie Day was a “biggie” this year, Finchum said, and the annual open house is always a crowd pleaser.  
“Our focus is putting the customer first,” said Wallace. “I have a great staff and some wonderful volunteers who are all willing to do whatever it takes to do a good job.”  
Located in the Community Activities Center, the Fortress Frame and Craft Shop offers custom framing, ceramics classes, basketry, stained glass classes and engraving services. The shop is open weekdays and hours of operation vary. For more information, call 788-2728.



The Fortress Frame and Craft Shop is a Fort Monroe Morale, Welfare and Recreation sponsored program.

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2X4.5  
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# Area organizations launch holiday room program

Fort Monroe enlisted Soldiers, staff sergeant and below, who cannot go home for Christmas can take part in the annual Peninsula Military Holiday Rooms Program, which provides free lodging for immediate family members.

Families can have a reserved room at a participating hotel starting at 3 p.m., Dec. 24, until checkout at noon, Dec. 27.

The Military Affairs Council of the Virginia Peninsula Chamber of Commerce and its member innkeepers sponsor the Holiday Rooms Program. The initiative is intended to provide one room per enlisted person on a first-come, first-served basis.

Rooms are double bed, double occupancy, for use by no more than five people. Additional services, such as cots or cribs, must be coordinated by the service member through the participating hotel.

The Fort Monroe Public Affairs Office will coordinate lodging requirements for enlisted personnel at this installation only. PAO can also assist with the registration form required for the program. Participants are reminded that they only need to fill out Part 1 of the Holiday Room registration form and return it to the Fort Monroe PAO no later than Dec. 1.

Part II of the registration form will be completed by PAO upon confirmation of a room reservation being made by a participating hotel. Forms will be returned to Soldiers on or around Dec. 10.

Forms are available at the Fort Monroe PAO, the HHC orderly room and command sergeants majors' offices throughout the installation and via command email notices.

For more information, call Earl Richards at 788-3205.

**Spotlight  
Event**

**Post Wide Yard Sale - Saturday!**  
**9 a.m. - 2 p.m., rain or shine**  
**No registration required. For more info, call 788-2384.**

**4 X 7  
AD**

**6 X 6  
AD**



## Free post event honors Native American heritage

A husband and wife who are members of a local Indian tribe will take part in the installation's observance of National Native American Heritage Month starting at 1 p.m., Nov.4, at the post theater.

In full tribal regalia, H. Curtis "Silver Fox" Smith and Juanita "She Who Hugs" Smith, members of the Nansemond Indian Tribe, will give a presentation on local American Indian culture and history. Originating in the Suffolk area of the Hampton Roads, their tribe is one of eight indigenous Indian tribes recognized by the Commonwealth of Virginia. "Silver Fox" Smith is also a tribesman in the Cherokee nation.

The Smiths will talk about tribal farming, hunting and fishing practices, and types of houses their ancestor's used and how they were built. They will also focus on European explo-

ration, citing the arrival of the English and the interaction between Europeans and their ancestors.

"Throughout the nation's history, American Indians have been an integral part of the American character," said Bill Endres, program coordinator. "Tribal traditions have brought values and ideas that have become ingrained in the American spirit."

The program will conclude with the couple demonstrating two tribal dances. The demonstration includes the naming of each dance and an explanation of their meaning.

The Security Assistance Training Field Activity, TRADOC, is sponsoring the observance. For more information, call 788-3086 or 2983. Additional information about Native American Heritage Month events can also be found at [www.monroe.army.mil/monroe](http://www.monroe.army.mil/monroe).

4X10  
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## FLU SHOTS

Continued from Page 1

following precautions, in addition to others she mentioned, to eliminate the risk of getting the flu virus:

- Cover your mouth and nose with a tissue when coughing or sneezing
- Clean your hands often with soap and hot water for about 30 seconds to protect yourself and others from germs.
- Avoid touching your eyes, nose or mouth unless your hands are thoroughly clean. Germs often spread when a person touches something that is contaminated with germs and then touches their eyes, nose or mouth.
- Learn to cough and sneeze into your shirt sleeve since immediate hand-washing is not always possible.
- Purchase, carry and use alcohol-based hand-sanitizing gel.

It may also be wise to adopt some of the conventional wisdom moms have dispensed for ages, according to an informative Associated Press article provided to the Casemate by TRADOC Command Surgeon, Col. James Jolisant.

A balanced diet, plenty of rest and fluids can go a long way toward keeping people healthy during flu season.

"Taking care of yourself health-wise is probably the best thing you can do," the article continued. "People who are run down ... overworked, not getting proper rest or proper nutrition ... increase their risk of illness."

In addition to getting enough sleep — at least seven hours a night for adults and more for youngsters — managing stress is important, the AP article cited, because too much stress can weaken one's immune system.

Each of the military health officials stressed that they will continue to monitor the flu situation and address concerns as they arise. Nobody will "go it alone," they emphasized.

"We understand how frustrating it is for our enrollees, and it is just as painful for us when we have to tell our patients that we don't have any vaccine for them or they don't fit into the category that the CDC has determined as high risk," said Christine Swink, a clinic administrator, in an email response to the Casemate.

"We will all need to do our part to help ward off an epidemic by washing our hands more often, covering our mouths when coughing or sneezing, and avoiding a potential area that could lead to us picking up a germ or two," she said. "Prevention is the key to getting through this year's flu season."

2X4  
AD

# NewsClips

The Fort Monroe Thrift Shop at Walker Airfield is open every Tuesday and Friday from 10 a.m. to 2 p.m. Donations are welcome anytime. Call 788-2566.

### AGA meets

The Association of Government Accountants, Virginia Peninsula Chapter, will have a luncheon meet-

ing Oct. 21 at 11:30 a.m., followed at 1 p.m. by its 2004 Career Fair at the Holiday Inn Executive Center, Virginia Beach. The event

is free to members, \$5 for first time guests and \$10 for returning guests. For more info, call JoAnn Stevenson at 443-4261 .

### Medical brief

Craven Clinic will host a briefing on the Physician Assistant Program and the AMEDD Enlisted

Commissioning Program Oct. 26, in conference Room 110. The sessions are from 9 to 11 a.m., 11:30 to 1:30 and 2 to 4 p.m.

Soldiers who meet certain criteria may be eligible for entry into one of these exciting career programs. Those interested should visit the program website: [www.usarec.army.mil/aecpo](http://www.usarec.army.mil/aecpo).

Further questions can also be directed to the AECP Program Manager Sgt. 1st Class Charles Bradshaw at DSN 536-0381, commercial 502-626-0381, toll-free 1-800-223-3735 extension 6-0381.

### History lunch

The Historical and Archaeological Society of Fort Monroe will meet Nov. 1 at 11:30 a.m. at The Siren Restaurant in Phoebus.

Dr. Edward G. Longacre, renowned Civil War historian, will present an illustrated talk on “Custer and His Wolverines: The Michigan Cavalry Brigade, 1861-1865.”

This event is free (lunch is optional) and open to the public. For more information, contact David J. Johnson at 788-3935.

### Soldier tribute

In observance of Italian Memorial Day, a ceremony honoring five Italian soldiers buried at the Hampton National Cemetery will be held Nov. 2 at 11 a.m. in the Phoebus Section of the cemetery.

For further information contact Lt. Col Antonio Coppola, Italian Liaison Officer to TRADOC, at 788-3118.

### Chili cook-off

The Casemate Community Connection invites you to an Indoor Tailgate & Chili Cook-Off at 7 p.m., Nov. 5 at the Bay Breeze Community Center.

Tickets are \$10 in advance and \$12 at the door. The price includes samples of all recipes, salad, bread and desert. For more information, call Marie Fago at 727-9646.

5X12  
AD

# MP Roll Call

MP Roll Call provides a link between the Provost Marshal Office and the Fort Monroe community regarding law enforcement operations, services and crime statistics, and how operations and services combine with other initiatives to keep the community safe daily. Call 788-2220 with any comments or concerns that need to be addressed. Detailed information concerning the fort's security posture will not be published.

## Watch out for Halloween's wee ghosts and goblins

The Fort Monroe Provost Marshal Office reminds the community that trick-or-treating will be allowed on post from 6 to 8 p.m on Halloween night, Oct. 31.

McGruff and Officer Friendly will be out and about, walking through neighborhoods and saying hello to friendly trick-or-treaters.

As a safety precaution, moms and dads can stop by the PMO to pick up free "chem." lights and reflective trick-or-treat bags while supplies last. A list of additional safety measures was also distributed recently through post email.

They are as follows:

### COSTUMES

- Purchase flame retardant costumes and accessories. The material burns slower if ignited and extinguishes quicker than non-retardant items.
- Avoid costumes made with flimsy materials and outfits with big, baggy sleeves or billowing skirts.
- Purchase or make costumes that are light and bright enough to be clearly visible to motorists.
- For greater visibility, decorate or trim costumes with reflective tape that will glow in the beam of a car's headlights.
- Costumes should not pose a tripping and falling hazard. Make sure masks do not restrict breathing or obscure vision.

### TRICK-OR-TREATING

- Never trick-or-treat alone. Go with at least two friends for the entire evening.
- Carry a flashlight and use it so drivers can see you and you can see other people and hazards in the street.
- Cross only at street corners, never between parked cars, and never diagonally across an intersection.
- Look in all directions before crossing the street and obey all traffic signals. WALK ... never run across the street. Use sidewalks, not the street, when walking.
- Do not accept rides from strangers.
- Do not take shortcuts through backyards.
- Do not go inside anyone's home.

### ADULTS

- Parents must supervise their children per post regulations.
- Keep dogs and other pets away from doors so children will not become frightened.
- Patrol your street occasionally to discourage speeding motorists, acts of malicious mischief and crimes against children.

You can also visit us online at:  
[www.monroe.army.mil/casemate](http://www.monroe.army.mil/casemate)

### MOTORISTS

- Avoid all unnecessary travel on Halloween evening. Drive slowly and be alert to children crossing streets.
- Be especially alert when backing vehicles out of driveways.
- Remember to slow down and prepare for the unexpected.

### TREATS

- Remind children not to open their treats until

an adult has carefully examined all candy for signs of tampering, including small pinholes in wrappers and torn or loose packages.

- A good meal before parties and trick-or-treating will discourage youngsters from opening their goodies before they return home.

- Parents of young children should get rid of choking hazards such as gum, peanuts, hard candies or small toys.

Many accidents and injuries can be prevented with a little careful planning and consideration. Let's make Halloween safe for everyone.

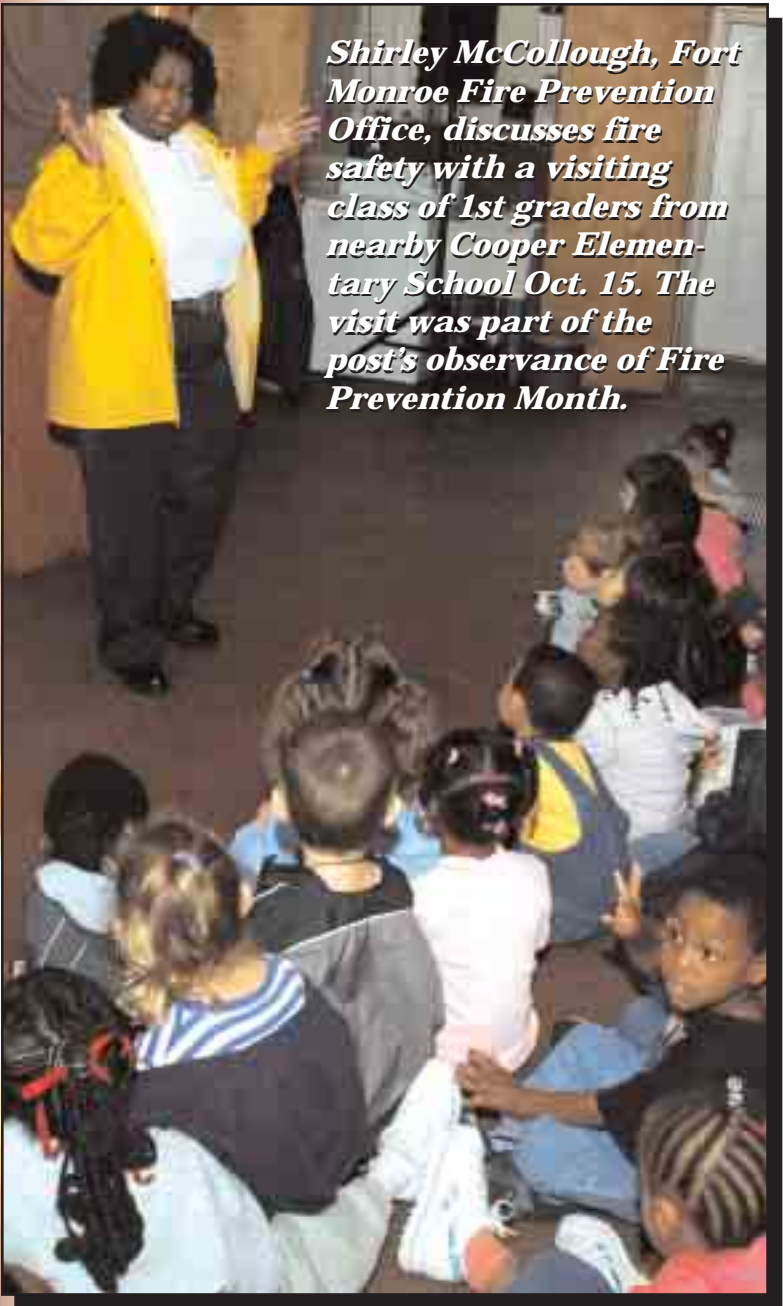
For more information, contact the PMO at 788-2050/2350/2220.

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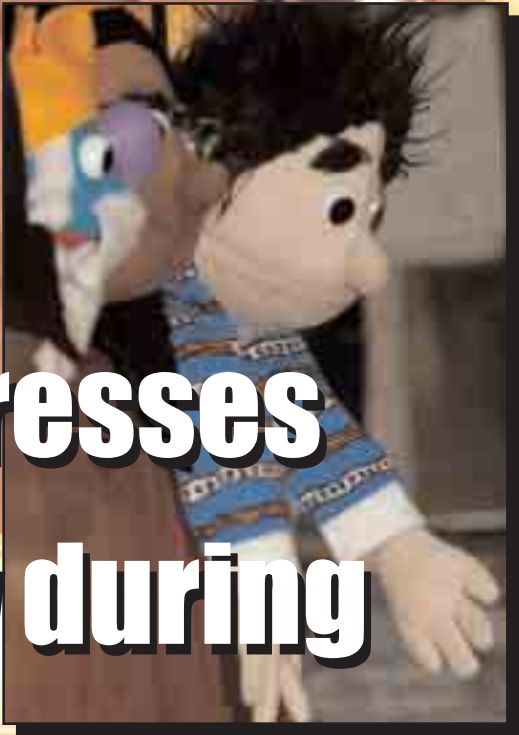
2X2 AD



*Fort Monroe firefighter David Earl dons protective equipment during a demonstration for Cooper Elementary students Oct. 15*



*Shirley McCollough, Fort Monroe Fire Prevention Office, discusses fire safety with a visiting class of 1st graders from nearby Cooper Elementary School Oct. 15. The visit was part of the post's observance of Fire Prevention Month.*



*A fire safety puppet show captivates Cooper Elementary 1st graders Oct. 15. The show highlighted this year's theme of Fire Prevention Month - "Test Your Smoke Alarms."*

# Station stresses fire safety during October observance



## A few facts about smoke alarms

With an average cost of less than \$20 each, a smoke alarm can reduce the risk of dying in a home fire by half.

There are two types of alarms available today: photoelectric and ionization. The photoelectric alarm generally responds faster to smoldering smoke conditions and the ionization alarm responds quicker to flaming fires. Combination alarms featuring both types of technology are available.

Install at least one smoke alarm on each floor of your house and outside all sleeping areas.

Test your smoke alarms at least once a month and, for maximum safety, replace batteries during daylight savings time every six months.



*Lead singer Luke Esterkyn hugs the mike while singing a hit from his group's 2002 album "Rip It Off," during the Fort Monroe concert Oct. 9 at Walker Airfield. Stroke 9 has a new album titled "All In" coming out in November.*

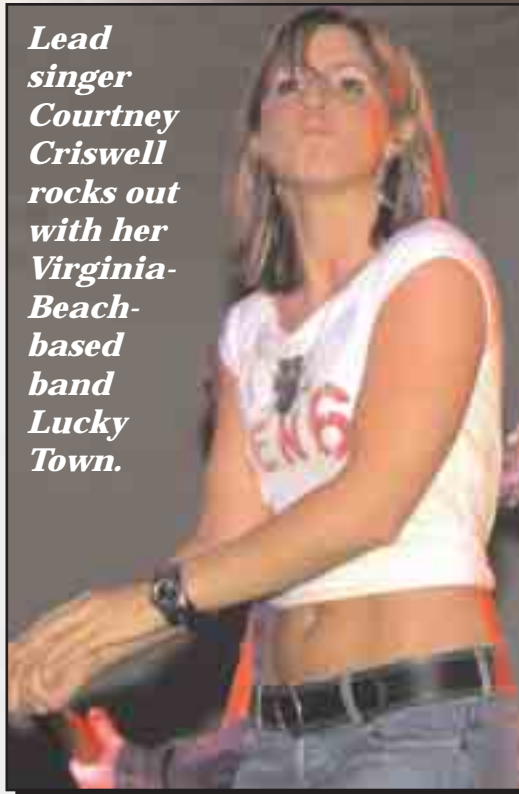


## ***Stroke 9***



*Concert fans show their emotion while singing along to the music of Stroke 9.*

*Lead singer Courtney Criswell rocks out with her Virginia-Beach-based band Lucky Town.*



*Caught in the glow of stage lights, Wendell Johnson of Lucky Town hammers out a guitar solo.*

## ***Lucky Town***

*Lead singer Matt Scannell demonstrates his additional talents as a musician during the Vertical Horizon show.*



*Keith Kane of Vertical Horizon*



# ***Monroe show triumphs with three-band lineup***

## ***Vertical Horizon***

*Photos by Matt Thomas and Patrick Buffett*



Got any sports results?  
Need to advertise an upcoming event?  
Give us a call at 788-3208 or e-mail casemate@monroe.army.mil.



# HHC outlines APFT requirements

Headquarters Company Fort Monroe will conduct its semi-annual Army Physical Fitness Test and weigh-in during nine sessions throughout November at the Community Activities Center. All HHC, TRADOC and Fort

Monroe assigned Soldiers are required by Army regulation to take the test. Individuals with a medical profile that prohibits participation in the APFT must still complete the weigh-in. The APFT test dates are as fol-

lows: Nov. 2, 4, 9, 10, 16, 18, 23 (Accessions Command only), 24 and 30. All sessions begin at 6:15 a.m. The Army Physical Fitness Uniform will be worn during testing. Only the APFU shorts, T-shirt and socks will be worn during the weigh-in, which must be conducted within 72 hours of the APFT.

Any individual who does not meet the screening table weight in accordance with AR 600-9 will be directed to the HHC training office for a body fat tape test. Soldiers may be flagged from all favorable actions, to include promotions and selection for training schools, if they fail to meet Army weight standards, fail the APFT or do not complete both required actions by Dec. 1.

Those who score 270 or above, with a minimum of 90 points per APFT event, and meet body fat standards will be awarded the Physical Fitness Badge and a three-day pass.

For more information, call Staff Sgt. Tonya Haskins at 788-3927.



Photo by Patrick Buffett

Staff Sgt. Theron Poe, left, and Sgt. Matthew Jones, both assigned to Headquarters TRADOC, warm up during a Headquarters Company PT session here Oct. 15.

## Fitness shortcuts - fact or fiction?

The following information was provided by Fort Monroe's Fitness and Wellness Coordinator, Jeanette Coffman. For more information, call 788-4771.

**MYTH: You should take vitamin and mineral supplements for extra energy and strength during heavy physical activity like athletic competitions and military training.**

**FACT:** Vitamins and minerals do not give you energy or strength. Energy means calories, not get-up-and-go, and vitamins and minerals themselves have no calories. Carbohydrates, fats, and proteins provide energy. Vitamins and minerals help your body get the energy it needs from carbohydrates, proteins, and fats. Weight training or resistance training builds strength.

**MYTH: Drinking cold liquids during exercise causes cramps.**

**FACT:** Not at all. The cause of cramps is thought to be related to See SHORTCUTS, Page 13

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PAGE 10)

# Sports Roundup

### Talkin’ turkey

The Fort Monroe Bowl has a special prize for anyone who can “gobble up” the competition during its upcoming Turkey Shoot, which begins Wednesday.

The contest will last for one month and the top prize winner will receive a Thanksgiving turkey. For further information, call 788-2939.

### Great Pumpkin Ride

The Fort Monroe Fitness Center is combining a bit of Halloween fun with one of its most popular exercise programs — the group cycling room — during the “Great Pumpkin Ride,” Thursday beginning at 11:30 a.m.

All fitness levels are welcome. Participants are encouraged to wear lightweight attire. Prizes will be awarded for the best costume, and everyone will receive a Halloween treat.

For more information, call 488-4771.

### Youth bowling

Participants are being sought for Fort Monroe’s Saturday morning youth bowling league.

Organizers describe the league as a great time to build new friendships and enjoy friendly competition. Participants will also be eligible for various prizes, to include a new bowling ball and other bowling-related items. For more information, call the bowling center at 788-2939.

### ‘Joint Efforts’

The Fort Monroe Aquatics Program is now offering a new water aerobics class titled “Joint Efforts” designed specifically for individuals suffering from arthritis.

Classes are held every Monday, Wednesday and Friday from 9 to 10 a.m. at the indoor pool inside the Community Activities Center. For more information, contact Mike Carlomany at 788-3301.

### Toys for Tots tourney

A charity golf tournament to benefit the Marine Corps’ Toys for Tots program will be held Nov. 7 at the Kingsmill Golf Club, Williamsburg.

The entry fee is \$70 per player and the registration deadline is Oct. 30. A late lunch is included as part of the registration fee. For more information, call 253-1703.

### Rockfish tournament

Cash and prizes valued at more than \$8,000 will be up for grabs during the 3rd Annual Get Hooked on Hampton Rockfish Tournament Nov. 12 and 13 at the waterfront.

The early registration fee for the tournament is \$150 per boat through Nov. 8, and \$175 after that date. For more information, or to obtain registration forms, visit the Hampton Visitor, Sunset Boating Center or the Bass Pro Shops Outdoor World in Hampton.

## SHORTCUTS

Continued from Page 12

dehydration - a lack of fluid rather than too much. Cold drinks (40 to 50 degrees Fahrenheit or refrigerator temperature) are the optimal beverage during physical activity because they leave the stomach more quickly than warm liquids.

**MYTH: You can condition your body to go without water during physical activity.**

**FACT:** Your body does not adapt to lack of water. It does the opposite - it heats up and slows down, just like a vehicle with an overheated engine. Not drinking during physical activity is dangerous. If you go without water during activity you become dehydrated. Dehydration can cause fatigue, dizziness, headaches, weakness, and inability to walk. Severe dehydration can lead to heat stroke, kidney failure, and even death.

**MYTH: You need to drink only when you are thirsty.**

**FACT:** By the time you feel thirsty you are already dehydrated. You should drink before, during and after physical activity to keep your

body well-supplied with water. When your body gets low on water your endurance, stamina, speed, and concentration are weakened.

**MYTH: Sports beverages and performance drinks are always better than water.**

**FACT:** Water is always appropriate for fluid replacement. For exercise sessions lasting less than 60 minutes, sports drinks offer no advantage over water except in taste. However, for hard exercise lasting over an hour, sports drinks do have a performance advantage, because they provide carbohydrates to fuel working muscles and your brain.

**MYTH: Carbohydrate loading can improve performance for all physical activity.**

**FACT:** Carbohydrate loading - eating many more carbohydrates than normal while tapering your physical training several days before an endurance activity - is not recommended for events lasting less than 60 continuous minutes. Eating a consistent diet that is 55-65 percent carbohydrate will allow you to

replace muscle glycogen stores on a daily basis and will give you the energy to perform well in almost all military activities.

**MYTH:Salt tablets are needed to replace sodium lost in sweat while exercising.**

**FACT:** While a little salt is lost in sweat during physical activity, this loss rarely needs to be replaced dur-

ing exercise and can be adequately replaced by regular meals. Only when you are sweating profusely for several hours and not eating should you be concerned about replacing salt. In these situations, drink a commercial sports drink or a dilute salt solution. Salt tablets are too potent and dangerous. They increase your water requirement and soak up body water that should be going to your muscles.

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# MoatNotes

## UPCOMING SPOTLIGHT EVENTS

Post-wide Yard Sale . . . . . Oct. 23    Native American Ceremony . . . Nov. 4  
Halloween Golf Classic . . . . . Oct. 26    Army Soldier Show . . . . . Nov. 9  
Fall Cleanup . . . . . Nov. 1 - 6    Bloodmobile . . . . . Nov. 10  
For more on these and other upcoming events, see calendar below or other stories and briefs in this issue.



### Oct. 22

#### Lantern tour

What sorts of spirits haunt the homes and historical structures within the oldest parts of Fort Monroe? Guests can find out during the Casemate Museum's Halloween Lantern Tour, today at 7 p.m.

Participants will gather at the museum for the hour-long event, which will include a tour of alleged haunted sites within the historic moat. The presentation will be moved indoors in the event of inclement weather.

The tour is free and open to the public; however, reservations are required. For more information, call 788-3391.

#### Movie madness

"Something Wicked This Way Comes," the eerie tale originally penned by Ray Bradbury, will be the featured entertainment during After Hours Movie Madness at Main Street Library, Newport News, today from 7 to 10 p.m.

The movie showing will be followed by a discussion session with refreshments.

Permission slips are required for children who will be participating without their parents. This event is free and open to the public. For more information, to include directions, call 247-8875 or visit [www.nngov.com/library](http://www.nngov.com/library).

#### Wildlife festival

Free pony rides, wild animal exhibits, live music and a wide variety of food vendors will be among the offerings of the inaugural Hampton Wildlife Festival, today and Saturday at Sandy Bottom Nature Park.

The festival is intended to bring new attention to the nature park's overall mission of promoting environmental education and interpretation. Throughout the year, the park offers numerous nature programs, ranging from hikes and canoe trips, to fishing seminars and wildlife survival classes.

The festival hours are 4 to 9 p.m., today, and 10 a.m. to 5 p.m., Saturday. Parking is available at Thomas Nelson Community College. A shuttle service will provide transportation to and from the nature park. For more information, call 825-4657.

### Oct. 23

#### Moving memorial

The Moving Wall – a 7-foot scale replica of the Vietnam Veterans Memorial in Washington, D.C. –

## Pretty in Pink ...



Photo by Patrick Buffett

**Haylah Hobbs, 4, of Hampton has a little fun while waiting for Fort Monroe's Oct. 9 concert to start at Walker Airfield. The show's three-band lineup included local band Lucky Town, and hit pop-rock groups Stroke 9 and Vertical Horizon. For more photos, see Page 11.**

remains on exhibit for four more days, Saturday through Tuesday, at the 24th Street Park/Seaside Palladium, Virginia Beach.

Built in February 1983 by three Vietnam War veterans, the Moving Wall is meant to keep the memory of fallen heroes from that era alive. For 20 years, the Moving Wall has migrated across the 50 states, from Maine to Alaska.

A closing concert and candlelight ceremony at 7 p.m. Monday will mark the wall's departure, scheduled for the following day. For more information, call the Virginia Beach Visitor's Bureau at 437-4793.

#### Grundland open house

Hampton Parks and Recreation has a challenge for adventure seekers during their outdoor recreation open house Saturday from 11 a.m. to 7 p.m. at Grundland Creek Park, just a short distance from Fort Monroe.

Visitors can tackle the 50-foot alpine tower ropes, or the 25-foot rock-climbing wall (that's portable and available for rent). Select participants will also be given an opportunity to join in the kayak and canoe-paddling program.

The open house is free and open to the public. Grundland also wel-

comes office groups and organizations to use their obstacle course facility for future team-building exercises. For more information, call 850-5234.

### Oct. 25

#### Matisse lecture

The most important French painter of the 20th century will be the subject of a free illustrated lecture Monday at 7:30 p.m. at the Williamsburg Library Theatre. Admission is free and reservations are not needed. A reception provided by This Century Art Gallery will follow the lecture. For further information, call 259-4070.

#### Latinas concert

Three of Latin America's most renowned vocalists and their bands are coming to the American Theatre, Phoebus, Monday beginning at 7:30 p.m.

Tickets prices begin at \$25 with discounts available for students, seniors and military members. For more information, or to reserve tickets, call 722-2787. To learn more about the Latinas: Women of Latin America show, visit [www.putumayo.com](http://www.putumayo.com).

### Oct. 26

#### Senior TAP class

The peninsula-area Transition Assistance Program invites field grade officers and senior NCOs to a special off-site seminar Tuesday and Wednesday at the Virginia American Legion, Post 368, Newport News.

Hosted by the Virginia Employment Commission, the seminar will focus on job search strategies for professionals and executives. For further information, or to reserve a seat, call 878-4955.

### Oct. 28

#### Hampton haunts

Take a guided tour through 400 years of Hampton's scariest history during the "Haunted Halloween" program at the Hampton History Museum Thursday through Oct. 30 from 7 to 10 p.m. Admission is \$5 for members and \$7 for non-members. For more information, call 727-1610.

#### 'Spook-tacular'

The N.C. Aquarium on Roanoke Island invites you to the 2nd Annual Trick or Treat Under the Sea celebration, from 6 to 9 p.m., Thursday.

Haunting the halls of the aquarium will be many local businesses and organizations with treats and activities for little goblins to enjoy. The adventurous "spirits" can wade their way through the haunted swamp while making sure not to trip on the gravestones.

Admission is \$5 per person, and free for children two and under. All children must be chaperoned.

For more information, call (252) 473-3494.

## At The Movies

Showing at the Langley Air Force Base and Fort Eustis Theaters

Friday, Oct. 22  
7 p.m. — Cellular (PG-13)

Saturday, Oct. 23  
2 p.m. — Napoleon Dynamite (PG)  
7 p.m. — Paparazzi (PG-13)

Friday, Oct. 29  
7 p.m. — Hero (PG-13)

Saturday, Oct. 30  
2 p.m. — Sky Captain and the World of Tomorrow (PG-13)  
7 p.m. — Wimbledon (PG-13)

Adults \$2, children 6-12 years old \$1.50 and children under 6 are free. If a child under 6 occupies a seat at a G-rated movie, admission is \$1.50. Special movie showings are available. Contact John Low at [LowJ@aafes.com](mailto:LowJ@aafes.com) or 766-1237 for details.

***In black & white***

Movie buffs and armchair film critics can join Pearl Bailey Library, Newport News, for a special viewing of the classic 1960's black and white film "To Kill a Mockingbird," beginning at 6:30 p.m., Thursday.

The movie will be followed by a discussion led by local educators. The event is part of a year-long special series. Additional films to be shown and discussed during November are "A Raisin in the Sun," Nov. 4, and "Guess Who's Coming to Dinner?" Nov. 18. Both programs will also begin at 6:30 p.m.

Each event is free and open to the public. For more information, to include directions, call 247-8875.

***Oct. 29***

***Slaid Cleaves show***

Folk singers and songwriters are as plentiful in Austin, Texas as sunshine and cowboy boots, but few can challenge the mind and touch the heart the way Slaid Cleaves does, according to the Williamsburg Library Theatre who will feature the performer in his first concert Oct. 29 beginning at 7:30 p.m.

Tickets for the show are \$18 for adults, \$14 for students with ID and \$10 for youth under age 16. For more information, or to reserve tickets, call 259-4070.

***Bangarra dance***

On a tour that includes the Kennedy Center and the Brooklyn Academy of Music, Bangarra Dance Theater – an aboriginal company from Australia – comes to the American Theater, Phoebus, for two shows Oct. 29 and 30 at 8 p.m.

Tickets for the program start at \$27.50. Reservations can be made by calling 722-2787. Further information about the Bangarra Dance Theater group can be found online at [www.bangarra.com](http://www.bangarra.com).

***Oct. 30***

***Halloween bash***

The Virginia Air & Space Center, Hampton, will host its 13th Annual Halloween Bash from 4 to 7 p.m., Oct. 30.

The festivities include traditional trick or treating, a scavenger hunt, costume contests, make-and-take activities and a child identification program sponsored by the Hampton Sheriff's Office.

Admission is \$4 in advance and \$6 at the door. Space is limited, so make your reservations now. For more information, call 727-0900 or visit [www.vase.org](http://www.vase.org).

***Campfire ghosts***

Costumed interpreters will provide dramatic performances of terrifying tales during Lee Hall Man-

sion's Ghost Stories Around the Campfire event, Oct. 30, at 7 p.m.

Experience the world of the supernatural through legend, lore and masterpieces of horror. Bring marshmallows for roasting and a blanket to dive under. Admission is \$8 for adults and \$5 for children ages 7 to 12.

Lee Hall Mansion is located on Yorktown Road, just north of Newport News Park. From I-64, use exit 247 and turn left at the end of the ramp. For more information, call 888-3371.

***Barktoberfest***

Don't leave your pet out of the Halloween fun! Dress them up in their favorite costume and bring them out to Barktoberfest Oct. 30 and 31 at the Buckroe Beach Bark Park, Hampton.

The festival will include a doggy costume contest and a carnival for animals and children alike. Families can also enjoy food, games, rides and prizes. Vet technicians will also be on hand to offer grooming tips, and the Red Cross will teach a short canine CPR class.

The event kicks off with a 5K run/walk for families and pets beginning at 9 a.m., Oct. 30. Carnival activities follow from 10 a.m. to 4 p.m. Festivities on Oct. 31 run from noon to 4 p.m. Admission is free, except for registration in the 5K event. For more information, call 851-8614 or 727-6784.

***Oct. 31***

***Mall treats***

Parents looking for a safe environment for their wee trick-or-treaters need look no farther than the Coliseum Mall on Oct. 31 from 3 to 5 p.m.

Several merchants throughout the mall are participating in the program. A special graphic located at the front of each store will let kids know which businesses they can visit.

For more information about this event or the Coliseum Mall's Kids Club, call 826-8386.

The Williamsburg Outlet Mall will also be doling out treats from 4 to 6 p.m., followed by a costume contest for adults and children beginning at 6:15.

For more information about that program, call 565-3378.

***Nov. 5***

***Lakeside hayride***

Enjoy an evening of stories around the campfire and a good-old-fashioned hayride during Sandy Bottom Nature Park's "Campfire Fun and Lakeside Hayride" program Nov. 5 from 6 to 8 p.m.

The participation fee is \$5 per person. For more information, call 825-4657. The nature park is near the Hampton Parkway exit.

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Civilian Personnel Update

Simplicity lies behind TSP acronyms, military-speak

BY PATRICK BUFFETT  
CASEMATE STAFF WRITER

Like many other government programs, the Thrift Savings Plan for civilian employees becomes a lot easier to understand once you look past the initial jumble of acronyms and military-speak.

“Just think savings plan ... stashing away a little money each month in preparation for your retirement years,” said Pamela Wells, human resources assistant for Fort Monroe’s Civilian Personnel Assistance Center. “And there’s no hard sell. You can invest a little now and more later – the amount is up to you.”

Now through Dec. 31 is the right time to consider TSP investments, Wells noted, as the government has declared one of its twice-yearly “open seasons.” Many employees capitalize on the end-of-year session because payments don’t begin until mid-to-late January when cost of living raises are added.

“A lot of employees just redirect that extra money into their plan,” Wells said. “It’s a great way to make their investment invisible (the same amount of money is coming into the home), and to insure you will have a good payoff at some

point in the future.”

Two of the most frequently used acronyms associated with TSP are: CSRS, or Civil Service Retirement System; and FERS, Federal Employee’s Retirement System. If you are an employee who falls into the CSRS category, you probably don’t need this overview because you were “in the system” prior to January 1984 and already know a bit more about TSP than the average Joe. The modified FERS program was born after that date and made available to all employees hired after that time.

Wells recommended a visit to the Army Benefits Center Web site – <https://www.abc.army.mil> — if you require more specific information about the differences between CSRS and FERS and the “rollover” options for the newer program.

“Military members who set up a thrift savings plan can also rollover their previous investments into TSP if they’re continuing work with the federal government as a civilian employee,” Wells noted.

Reiterating that the amount contributed to TSP is up to the employee, Wells said the biggest payoffs go to those who kick at least 5 percent of their bi-weekly pay into the pro-

gram. That’s the maximum amount the government will match after the employee is “vested.”

“It’s a lot like a 401K plan in the corporate world ... the company wants to see that you’re serious about the investment before they begin making contributions,” she said.

Understandably, the government will only match the percentage amount invested by the employee, Wells noted. A 1 percent investment will earn you a 1 percent match, 2 for 2, and so forth up to 5 percent.

FERS employees who are really serious about the plan can actually contribute up to 15 percent and CSRS employees can contribute up to 10 percent, she added. And every participant is given options as to how they would like their money managed, whether it’s a conservative securities investment like an IRA or a more aggressive stock option similar to a mutual fund.

“The Army Benefits Center Web site explains the various investment options in a format that’s pretty easy to understand, so I would recommend going there if you’re looking for further information,” Wells said. “It also offers a

very user friendly calculation chart that will help you figure out how an investment will affect your pay and what the return will be over the long run.”

The Web site also offers information on the two types of loans that are available to TSP participants.

“That’s another great benefit,” Wells noted. “You have access to your money to meet those unforeseen financial hardships and you’re not going to be charged a penalty fee if circumstances force you to dip into your account.”

You will pay a one-time processing fee of \$50 to set up the loan.

There are also tax benefits to TSP. Because contributions are taken out of your pay before taxes are computed, it reduces the amount that goes to the government. And, like any retirement account, taxes on contributions and earnings are deferred until you withdraw your money.

“It’s a very attractive program overall, and I hope non-participating employees will at least check it out,” Wells said. “And, even if you don’t go the TSP route, you’re at least heading in the right direction ... you’re considering your financial future.”

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